

## San Antonio Police Academy: Physical Training Expectations

This phase of the academy is rigorous and produces a multitude of benefits in addition to physical conditioning. These benefits include: discipline, stress management, self-confidence, teamwork, dependability, and survival skills. The physical and academic training programs are also designed to generate a very clear perspective of the individual's attitude and desire toward this profession. Maximum effort and participation is necessary.

Police cadets are given two (2) physical fitness evaluations over a twenty one-week period of physical training. These tests are based on the "Dr. Kenneth Cooper Physical Fitness Test." The Physical Fitness Test consists of five (5) basic tests. The required performance to pass each test is based upon gender and age. While the absolute performance is different for each category, the relative level of effort is identical for each age and sex group. For example the physical fitness evaluation is scored as follows:

<u><b>Cadet Sit-Ups</b></u>	<u><b>Age 20 to 29</b></u>	<u><b>Age 30 to 39</b></u>
Male	42 to 50= 40 points <u>or</u> 40 <sup>th</sup> percentile	40 to 48= 40 points <u>or</u> 40 <sup>th</sup> percentile
Female	41 to 51= 40 points <u>or</u> 40 <sup>th</sup> percentile	33 to 41= 40 points <u>or</u> 40 <sup>th</sup> percentile

Although the required number of sit-ups are different, the relative level of effort is the same.

In addition to the physical fitness evaluation tests, cadets must successfully demonstrate skills and knowledge in defensive techniques, which includes boxing. Opponents are paired based upon gender, height, and weight, (females are paired with females and males are paired with males).

With the exception of the physical fitness evaluation tests and boxing, no other phase or portion of physical training takes gender or age into consideration. All cadets are expected to accomplish all remaining physical training tasks and standards equally.

The initial Physical Fitness Test administered during the application process is the same test administered to police cadets. The applicant physical fitness test is a pass or fail test, no scoring is done. However, the minimum score required to pass the entrance exam will only result in a 20 point or 20<sup>th</sup> percentile score. To successfully complete the requirements of the S.A.P.D. Training Academy Physical Training Program additional improvement will need to occur.

<u><b>Applicant 1.5 Mile Run</b></u>	<u><b>Age 20 to 29</b></u>	<u><b>Age 30 to 39</b></u>
Male	13:22 = 20 points <u>or</u> 20 <sup>th</sup> percentile	14:08 = 20 points <u>or</u> 20 <sup>th</sup> percentile
Female	15:57 = 20 points <u>or</u> 20 <sup>th</sup> percentile	16:35 = 20 points <u>or</u> 20 <sup>th</sup> percentile

The Physical Training Staff has found that applicants who successfully complete the initial applicant entrance Physical Fitness Test in the 40<sup>th</sup> percentile or greater and who begin the academy at the 40<sup>th</sup> percentile or greater, tend to have less difficulty with the intensity of the physical training program.

## How will physical fitness be measured during the evaluation?

The Physical Fitness Test consists of five (5) basic tests. Each test has been scientifically validated. The tests will be given in the following sequence with a rest period between each test.

### **BASIC TEST 1:**      **ONE (1) MINUTE SIT UP TEST**

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in the number of bent leg sit-ups performed in one (1) minute.



#### **Procedural Tasks**

- Start by lying on your back, knees bent, heels flat on the floor, with the fingers laced and held behind the head.
- A partner holds the feet down firmly.
- When the whistle blows, perform as many correct sit-ups as possible in one minute.
- In the up position, you should touch your elbows to your knees or beyond your knees and then return until the shoulder blades touch the floor.
- Any resting is done in the up position.
- Your score is the total number of correct sit-ups performed in 1 minute, as counted by your evaluator.
- Do not hold your breath while performing sit-ups. Hips should remain on the floor.

Minium Required:	Age	20-29	30-39	40+
	Male	35	32	27
	Female	29	22	17

#### **Preparation**

The abdominal muscles must be trained to contract repeatedly over a one (1) minute time period without undue fatigue. The preparation routine is to accomplish as many bent leg sit-ups (as per the actual test procedure) as possible in one (1) minute.

- Repetitions is the number of sit-ups performed in one session (one minute)
- Set is the total number of sessions to be performed in one workout period.
- Perform three (3) sets, three (3) times per week.
- Gradually work to increase the number of repetitions per session.
- Gradually work to increase the total number of sets.

## **BASIC TEST 2:     ONE (1) MINUTE PUSH-UP TEST**

This is a measure of the fitness (strength and endurance) level of the muscle groups involved in the chest, upper arms and shoulder girdle. It is an important area for performing police tasks requiring upper body strength. The score is in the number of push-ups performed in one (1) minute.



### **Procedural Tasks**

- The hands are placed about shoulder-width apart, with fingers pointing forward. The evaluator places one fist on the floor between your thumbs below your chest.
- Starting from the up position (elbows fully extended), you must keep your back straight at all times (do not allow back to arch or sway) and lower your body to the floor until your chest touches the evaluator's fist. You then return to the up position. This is one repetition.
- The only parts of the body touching the floor should be palms and toes.
- Resting is done only in the up position.

Minium Required:	Age	20-29	30-39	40+
	Male	26	20	15
	Female	13	9	7

### **Preparation**

A push-up requires the use of muscles groups in the chest, upper arms, and shoulder girdle; form is important. Three recommendations are made to develop these areas; the actual push-ups, tricep dips, and weight training.

#### **Push-Ups**

Use the same routine as for sit-ups. Gradually increase the number of repetitions and sets. Remember your chest must touch the evaluator's fist before you return to the up position. A 3-inch sponge may be placed under the sternum to substitute for the fist.

#### **Modified Push-up**

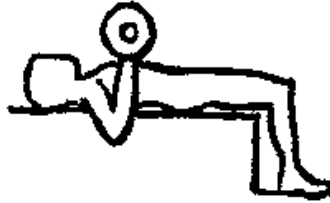
This push-up is recommended for individuals who have difficulty completing a push-up. It is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.

#### **Tricep Dips**

- Begin with your heels resting on the ground, or a raised surface (a chair, a bench)
- Palms of the hands on the edge of a bench or chair, fingers curled around the edge for support.
- Hands can touch each other, or they can be as far apart as shoulder width.
- Elbows are flexed at a 90-degree angle.
- Using only the arms extend the elbows pushing the upper body up.
- After fully extending your arms, immediately lower yourself slowly, returning to 90 degree elbow

## Weight Training : Bench Press

Weight training may be beneficial if there is consistency in the training and if gradual challenges are instituted. The formula for calculating safe training weights is as follows; bench press the maximum amount of weight without causing excessive strain. Divide the weight amount by two, which will represent the recommended training weight. All lifts should be done through a full range of motion to work the muscles completely. Lifting is done to a four-count pace: count to four as you lift the weight, and count to four as you release the weight. As you become stronger increase training weight from 2 to 5 pounds. Performing three (3) sets of eight (8) to ten (10) repetitions, three (3) times per week increase your level performance.



### **BASIC TEST 3:     VERTICAL JUMP**

This is a measure of jumping or explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

- Stand with one side toward the wall and reach up as high as possible to mark your standard reach.
- Jump as high as possible and mark the spot on the wall above your standard reach mark.
- Score is the inches to the nearest 1/2 inch.
- The best of three (3) trials is the score.

#### **Minimum Required:**

**This portion of the evaluation is not timed and only requires completion of the task**

### **Preparation**

- Begin this program slowly! Start with moderation and with a low height.
- Use an elevated surface such as a curb, step, or box (6 inches for beginners, slowly increase to a maximum height of 42 inches).
- Use a soft landing surface such as grass or a rubber mat.
- Jump off the elevated surface
- Jump upward as soon as your toes hit the ground.
- Begin with 5 jumps and increase gradually on your next training day.

### **BASIC TEST 4:     ONE AND A HALF (1.5) MILE RUN**

This is a timed run to measure the heart and vascular system capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.



Minium Required:	Age	20-29		
	Male	13:22	14:08	14:56
	Female	15:57	16:35	17:24

### **Preparation**

Beginners try to do too much too soon, by following a sensible training program such as the one listed below performance will improve at a safe conservative pace. It is better to see gradual progress than to experience frustration and give up.

- The following schedule allows for slow progress which will enable performance at maximum effort for the 1.5 mile run. Consistency is strongly encouraged so that maximum development may be achieved.

WEEK	ACTIVITY	DISTANCE	TIME	FREQUENCY
ONE	Walk	1 Mile	17:00–20:00	5 x's per week
TWO	Walk	1.5 Miles	25:00–29:00	5 x's per week
THREE	Walk	2 Miles	32:00–35:00	5 x's per week
FOUR	Walk	2 Miles	28:00–30:00	5 x's per week
FIVE	Walk/Jog	2 Miles	27:00	5 x's per week
SIX	Walk/Jog	2 Miles	26:00	5 x's per week
SEVEN	Walk/Jog	2 Miles	25:00	5 x's per week
EIGHT	Walk/Jog	2 Miles	24:00	4 x's per week
NINE	Jog	2 Miles	23:00	4 x's per week
TEN	Jog	2 Miles	22:00	4 x's per week
ELEVEN	Jog	2 Miles	21:00	4 x's per week
TWELVE	Jog	2 Miles	20:00	4 x's per week

**BASIC TEST 5:**      **SPRINT —→ WALL —→ DUMMY DRAG**

This is a test of anaerobic capacity. This is important area for performing short intense burst of effort such as in pursuit tasks. The score is seconds to complete a 48.3 yard course.



- Begin seated in a patrol vehicle, seat belt on, and both hands on the steering wheel.
- When the whistle blows exit the patrol vehicle and run as fast as possible for 40 yards.
- Now scale the 5 ft. wall (under control, looking to observe any possible obstacles on the other side).
- Drag a 165 pound manikin 25 feet (continue to drag until the manikins' feet cross the line and the evaluator has called "time").

**Minimum Required:**

**This portion of the evaluation is not timed and  
only requires completion of the task**

**Preparation**

Using the preparation recommendations for push-ups, vertical jump, and the one and half (1.5) mile run will prepare you for this test.